



# Criterial features of physical culture typologation

UDC 796.01



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## Abstract

**Objective of the study** was to develop criteria and methodological approaches to the typology of physical culture.

**Methods and structure of the study.** Analysis and generalization of literary sources and electronic resources, historical and comparative analysis, systematization.

**Results and conclusions.** Physical culture is a complex, multifaceted social phenomenon. With the accumulation of knowledge reflecting the specificity of physical culture, there was an urgent need to develop its structure (structure) and, in particular, to identify its main structural components. The article considers various approaches to the typology of physical culture forms. The most significant and essential features of the classification of specific components of physical culture are analyzed. Taking into account the variety of forms of physical culture identified in the course of the study of literary sources, and also in connection with its disorder, a general classification of forms of physical culture has been developed. To systematize various forms, types of physical culture, it seems appropriate to use a typological approach.

**Keywords:** *physical culture, structure of physical culture, typology of physical culture.*

**Introduction.** An etymological analysis of the origin and development of the term "physical culture" shows that it appeared in the United States in 1831. Later, it began to be used in Western European countries. However, neither in the USA, nor in England, France, Germany, this term has not received significant distribution [4]. In our country, the term gained wide popularity after 1917. It is used to refer to educational institutions, their structural divisions (faculties, departments), subjects studied in them, manuals, reference books, manuals, government bodies, popular science magazines, the process of classes aimed at improving the physical development of a person, preparing him for labor and defense of the country, and many others. others

However, physical culture is not only a term denoting different formations, but also a fundamental concept that the culturological field of scientific knowledge cannot do without - the philosophy and sociology

of culture, cultural studies and, of course, the theory of physical culture.

**Objective of the study** was to develop criteria and methodological approaches to the typology of physical culture.

**Methods and structure of the study.** The analysis and generalization of literary sources and electronic resources, historical and comparative analysis, systematization were carried out.

**Results of the study and their discussion.** Currently, according to some scientists, in the world literature there are more than 600 definitions of the concept of "physical culture", which are difficult to reduce to some general classification scheme [6]. In the article "Modern methodological approaches in the study of the phenomenon of "physical culture"", we proposed, without waiting for the development of the generally accepted concept of "physical culture", to consider the scope and content of this concept within the



framework of the main methodological approaches adopted in cultural studies: descriptive, activity, value, systemic, etc. [7].

Along with the variety of definitions of physical culture, there is still no unity of views on its structure, main structural components, forms, types, varieties and their functional characteristics in the scientific and educational literature.

The purpose of this study is to identify the criterion signs of the typology of physical culture.

Already in 1925, the first part of G.A. Duperron called "The Theory of Physical Culture". Under physical culture, he considers the totality of all physical and psychological forces in a normally and highly developed human body [5]. Here the author points out that physical culture consists of three moments: physical education, physical education and physical development. Under physical education G.A. Duperron understands the art of acquiring bodily qualities (strength, speed, endurance, etc.), under physical education - the art of consciously and independently taking measures to improve and maintain health and acquired bodily qualities, and under physical development - the result of physical education and physical education.

For a long time, questions about the structure of physical culture were not the subject of discussion in domestic and foreign literature, since the main disci-

pline of physical education in secondary and higher educational institutions was the theory and methodology of physical education. In 1971, an article by M.A. Yakobson "Sociological problems of physical culture", in which the author proposed to single out as its components: physical education, sports, physical recreation [15]. The proposed structure of physical culture received further coverage in the publications and dissertations of Yu.M. Nikolaev, V.M. Vydrin [2], and in 1984 it was supplemented by V.M. Vydrin has another component - physical rehabilitation. He also suggested calling these four components types of physical culture [3].

In 1975, the collective work "Soviet system of physical education" was published, in which it was proposed to single out the physical culture of the individual, the physical culture of the team and the physical culture of society [14].

In 1980 L.P. Matveev published an article "On the prospects for the development of a general theory of physical culture" [8], in which he proposed to consider the general structure of physical culture depending on which of the social spheres of human life includes the types and varieties of physical culture. Within the framework of this approach, he singled out the following structural components of physical culture: basic, professional-applied, hygienic, recreational, health-improving and rehabilitation physical culture and

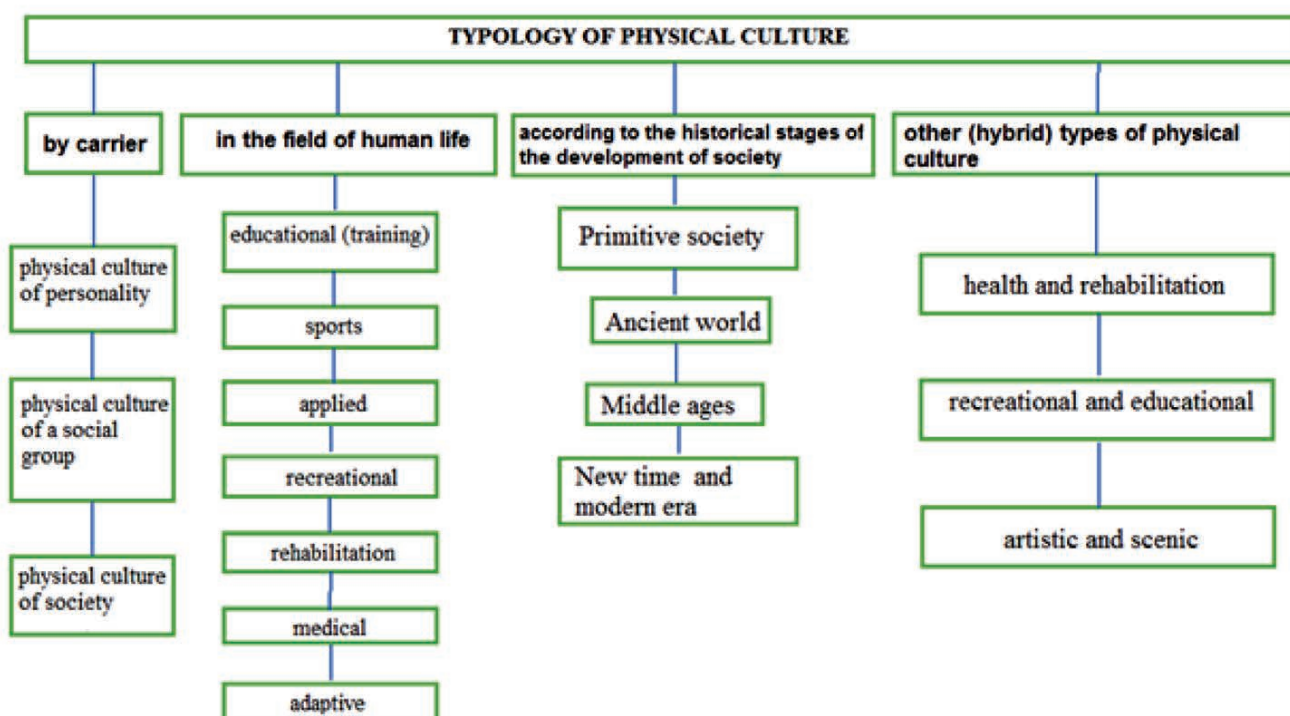


Figure 1. Criteria for typology of physical culture



sports. In his subsequent works - articles, manuals, textbooks - the structure of physical culture was refined and supplemented [1, 9, 10].

N.I. Ponomarev in the monograph "Physical culture as an element of the culture of society and man" published in 1996 proposed to distinguish five forms of physical culture: basic (educational physical culture in schools, secondary and higher educational institutions), applied (professional-applied, military-applied, sports-applied) physical culture, background (physical recreation, therapeutic and hygienic) physical culture, household (family, non-family-domestic) physical culture and derivative (physical culture parades, performances, sports stage) physical culture. Along with these forms of physical culture, the author also proposes to single out national physical culture [11].

Yu.M. Nikolaev, who made a great contribution to the development of the structure of physical culture and its theory, proposed to distinguish between educational (basic), sports, recreational, rehabilitation and adaptive physical culture as the main types of physical culture [11, 12].

Due to the diversity of the selected forms of physical culture, its disorderliness, it becomes necessary to develop a general classification of forms of physical culture. To systematize various forms, types of physical culture, it seems to us appropriate to use a typological approach. Subtypology is understood as the procedure for dividing a set of objects into groups in accordance with certain criteria. As noted above, physical culture can be subdivided according to its carrier - physical culture of an individual, team, society; in the sphere of human life - professionally applied physical culture, etc. Based on this, the typology of the classification of physical culture can be represented as the following scheme (see figure).

As can be seen from the figure, the typological classification of physical culture can be carried out on the basis of three criteria: according to the carrier of culture, spheres of human life and the stage of historical development of physical culture.

According to the bearer of the physical culture of a person, personality, individual, a culture of social groups is formed. In sociology, there are various approaches to the classification of social groups. Depending on the degree of differentiation of social groups, in our opinion, one can distinguish: the physical culture of people of different ages (youth, pen-

sioners, etc.), the physical culture of a social class, nation, family, production team, military unit, student group, etc. .d. Note that on July 31, 2020, the concept of "corporate sports" was introduced into the Federal Law "On Physical Culture and Sports in the Russian Federation", which refers to organizations of various affiliations: industry, professional and others. In our opinion, not only corporate sports, but also corporate physical culture can be distinguished at this level in the same way.

The physical culture of society is formed from the physical culture of social groups.

According to social spheres and types of human activity, the main forms of physical culture are identified, which are described in the scientific and methodological literature. A more detailed study will specify their types and varieties. Physical culture can also be considered from the point of view of the formational approach, which is used in describing the history of its development. At the junction of individual forms of physical culture, as shown in the figure, hybrid forms of physical culture can also be formed.

**Conclusions.** Physical culture, like any culture, is a very complex and multi-level system. Currently, there are different points of view on the typology of physical culture. We propose to use the following approaches when developing a classification scheme for the typology of physical culture: according to the source of the carrier of physical culture, according to the types of physical culture activities involved, and formational - considering successive historical stages in the development of mankind.

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